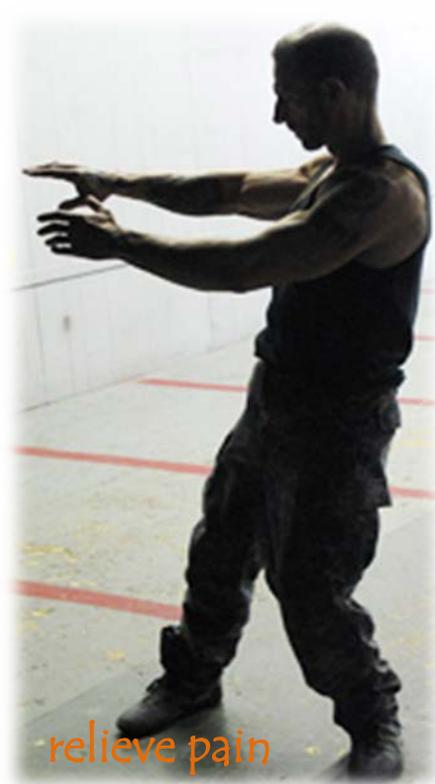




increase energy



reduce stress



relieve pain



# QIGONG



pronounced "Chee-Kung"

Mind body practice clinically proven by the National Institute of Health –  
National Center for Complementary and Alternative Medicine.

**Mondays 1200–1300**  
**Location: Bldg. 26 Health and Wellness Department**

**Learn very simple and easy to follow techniques including:**

- mindfulness/meditation for healing & stress reduction
- vitalizing gentle fluid movements release body tension
- invigorating breathing exercises for deep relaxation

Taught by Fay McGrew, MA, QTP (Medical Qigong)

Must sign-up through: Health & Wellness 619-532-7764